

Be a**QUITTER**



Great reasons to be a QUITTER:

FINANCES

More money in your pocket, more money in your bank. The average smoker who smokes a pack a day spends at least \$1500 a year.

HEALTH

Besides cancer, there are a host of preventable medical conditions associated with smoking.

FRESHNESS

Your home, car, clothes etc. will also benefit from a FRESH START. Most of all, your family and friends who do not smoke may appreciate it too.

Fresh ^{Make a} **Start**

Thursdays, October 4-25, 2012
5:30pm-6:30pm.
Durham County Health Department

Fresh Start classes are FREE!!! The series of four classes meets for one hour, once a week. The skills you learn during the classes can help you quit for good. So ask yourself, Are you ready to make a **Fresh Start?**

To register, call 919-560-7765, email jross@durhamcountync.gov, or visit the Durham County website www.durhamcountync.gov/phth

